

DINNERLY



Tuscan Chicken and Pumpkin Stew with Zucchini Couscous



30 minutes



2 Servings

Stew season has arrived! Simmered in a rich tomato sauce and spooned over zucchini-flecked couscous, this chicken and pumpkin combo will warm the cockles of your heart.

WHAT WE SEND

- 250g Japanese pumpkin
- 1 zucchini
- free-range chicken tenderloins
- 150g couscous¹
- 10g Tuscan seasoning¹⁷
- 400g diced tomatoes

WHAT YOU NEED

- 200ml boiling water
- 1 tbs olive oil
- 1 tbs tomato paste
- 2 tsp honey
- 20g butter⁷

TOOLS

- julienne peeler or box grater
- 2 medium deep frypans

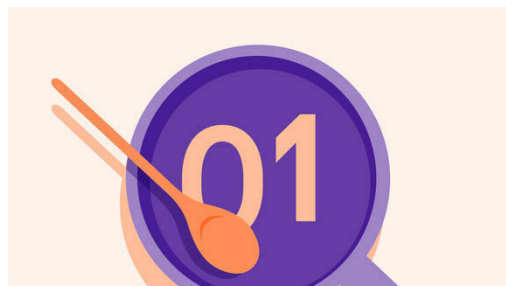
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

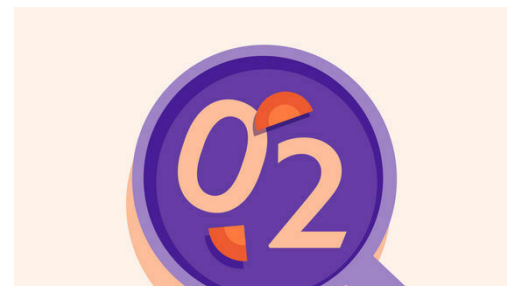
NUTRITION PER SERVING

Energy 740kcal, Fat 20.1g, Carbs 80.0g, Proteins 48.0g



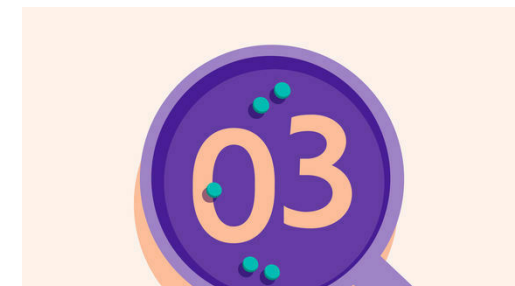
1. Prep ingredients

Peel the **pumpkin**, then cut into 3cm chunks. Shred the **zucchini** using a julienne peeler or coarsely grate with a box grater. Cut the **chicken** into 4cm chunks. Put the **couscous** in a large heatproof bowl, pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork.



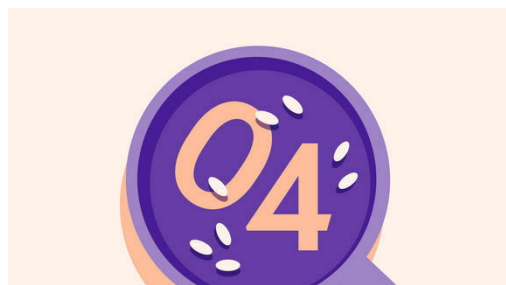
2. Brown chicken

Meanwhile, heat **2 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **chicken**, turning occasionally, for 3 mins or until browned. Remove from the pan.



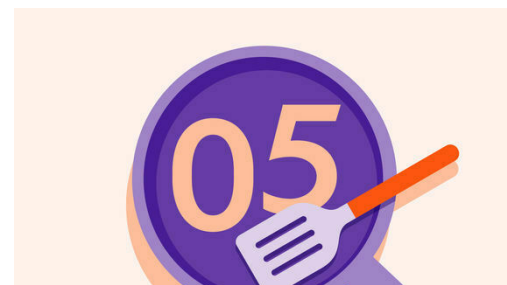
3. Saute pumpkin

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **pumpkin**, stirring, for 5 mins or until golden. Season with **salt and pepper**. Add **2 tsp Tuscan seasoning** and **1 tbs tomato paste** and cook, stirring, for 1 min or until fragrant.



4. Simmer stew

Add the **chicken, tomatoes, 2 tsp honey** and **125ml (½ cup) water** to the pumpkin mixture. Bring to the boil, then reduce the heat to medium and cook, stirring occasionally, for 10-12 mins until the pumpkin is tender and the chicken is cooked through. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Fry couscous and serve up

Meanwhile, melt **20g butter** in a medium deep frypan over medium-high heat. Add the **couscous** and **remaining Tuscan seasoning**, season generously with **salt and pepper** and cook, stirring, for 1-2 mins until heated through. Remove the pan from the heat, then stir through the **zucchini**. Divide the **zucchini couscous** among bowls and ladle over the **stew**. Enjoy!



6. Did you know?

Although it looks like a grain, couscous is actually a type of pasta made from semolina flour and water. North African in origin, couscous means 'well rolled', named for the traditional way of making it – the semolina was sprinkled with water and then rolled by hand into tiny balls. Although couscous is traditionally prepared by steaming it, we've also fried it to add a lovely nutty flavour.